

BODYWEIGHT GURU™

"HEART RATE CIRCUITS"

JUMP ROPE

WARM UP

- Jog 5-10 min
- Prisoner Squats 12
- Hip Rolls 12

CIRCUIT

2-3 times

1. Prisoner Squats 15-20 "F-DP"
2. Jump Rope (or Jumping Jacks) 30 sec
3. Push Ups 15
4. MB Walk Out-In 8-15 "FL"
5. Jump Rope (or Jumping Jacks) 30 sec
6. Chin Ups 8-15 "FL"
7. Side Plank Hip Raises 15 'e'
8. Jump Rope (or Jumping Jacks) 30 sec
30-60 second rest

WARM DOWN

- Jog 5-10 min
- Foam Roll & Stretch



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"H" = Heavy; "E" = Explode; "F" = Fast; "S" = Slow; "P" = Pause; 'e' = each; 2 / 10 = sets / reps; (4-0-4) = eccentric-isometric-concentric muscle action in seconds
"FL" = Fail; STS = Side-to-Side; SB = Stability Ball; MB = Medicine Ball; '>>' = Super Set exercise; "DP" = Deep; FTX = Suspension Training System; HR = Heavy Rope